



# ST JOSEPH'S PRIMARY SCHOOL LUNCH MENU

SEPTEMBER 2019 TO APRIL 2020

## WEEK 1

2 SEPTEMBER, 23 SEPTEMBER, 14 OCTOBER,  
11 NOVEMBER, 2 DECEMBER, 6 JANUARY,  
27 JANUARY, 24 FEBRUARY, 16 MARCH

MONDAY

Toad in the hole  
Salmon Bites  
v - Quorn Sausage in Onion Gravy  
*Creamed potato, Peas & baked beans*  
Fruity Flapjack & Custard

TUESDAY

Chicken Tikka Curry  
v - Quorn Tikka Curry/Macaroni cheese  
*Best of both rice, sweetcorn*  
Jam rounds

WEDNESDAY

Roast Chicken & Seasoning  
v - Quorn chicken pitta/pizza pockets  
*Roast and Baby Potatoes,  
Carrots, Cabbage*  
Apple Crumble & Custard

THURSDAY

Spaghetti Bolognese/Chicken wrap  
v - Vegetable & lentil spaghetti  
& Garlic Bread  
*Waffle Frites, broccoli & coleslaw*  
Lemon Drizzle Cake & Custard

FRIDAY

Breaded fish fillet/Margherita Pizza  
v - Lattice finger  
*Chipped Potatoes, Baked Beans &  
Sweetcorn*  
Banana muffin & glass of milk

## WEEK 2

9 SEPTEMBER, 30 SEPTEMBER, 21 OCTOBER,  
18 NOVEMBER, 9 DECEMBER, 13 JANUARY,  
3 FEBRUARY, 2 MARCH, 23 MARCH

Beef Grill  
v - Cheese Pasty  
*Fat Free Wedges*  
*Sweetcorn & Spaghetti Hoops*  
Fruit Cheesecake

Cottage pie/crispy chicken bites  
v - Quorn cottage pie  
*Sauté Potatoes, Country*  
*Mixed Vegetables*  
Pineapple Upside down Cake & Custard

Roast Gammon and pineapple  
v - Vegetable and lentil korma  
*Rice, mashed potato, Carrots, Peas*  
Rice pudding with pears & raisins

Chicken flatbread  
v - Vegetable & Quorn Pie  
*Waffle Fries, Green Beans & sweetcorn*  
Chocolate Crunch & Mint Custard

Margherita pizza/fish fingers  
v - Vegetarian Pizza  
*Chipped Potatoes, peas & Baked Beans*  
Strawberry mouse

## WEEK 3

16 SEPTEMBER, 7 OCTOBER, 4 NOVEMBER,  
25 NOVEMBER, 16 DECEMBER, 20 JANUARY,  
10 FEBRUARY, 9 MARCH, 30 MARCH

Chicken Jalfrazi/Tempura Fish Goujons  
v - Cheese and potato pie  
*Boiled Rice, boiled Potato,  
Peas, Carrots*  
Apple sponge

Cottage pie/Tuna & Tomato Pasta Bake  
v - Cheese and onion roll  
*Potato wedges & boiled potato, swede  
and carrot*  
Chocolate Sponge with Beetroot &  
Custard

Roast Beef & Yorkshire Pudding  
Lemon sole  
v - Plain omelette  
*Roast & Boiled Potatoes*  
*Cauliflower, Cabbage, carrots*  
Apple & Blackcurrant Crumble & Custard

Steak pie  
v - Vegetable bake  
v - Quorn Sausage Cowboy Hotpot  
*Curly fries and boiled potato, spaghetti  
and green beans*  
Sticky Toffee Pudding & Custard

Cod Bites/chicken nuggets  
v - Margherita Pizza  
*Chipped Potatoes*  
*Baked Beans / Peas & mixed vegetables*  
Oaty Cookie

## DELI OPTIONS

(ALWAYS AVAILABLE)

Jacket Potato Served with a variety of fillings  
Help yourself salad cart, freshly made bread,  
Grab bag sandwich meal

## DAILY DESSERTS

(ALWAYS AVAILABLE)

Chef's handmade dessert (see board for details)

Selection of fresh fruit, Yoghurt, Cheese & Biscuits, Jelly, Orange Squash (new)

